

HAM, CHEESE AND SALAD WRAP



SHOPPING LIST:

- One Wholewheat wrap
- 30g cheddar cheese (grated)
- 3 slices ham
- Handful spinach
- 4 cherry tomatoes
- Fruit for lunchbox.

COSTINGS: *0.60p per meal

NUTRITIONAL INFORMATION:

Calories: 194 |
Carbohydrates: 29g |
Protein: 20g | Fat: 18g |
Saturated Fat: 8.3g | Salt:
2.1g | Fibre: 3.9g | Sugar:
4g

Wholemeal wraps are a good source of fibre, b vitamins, and carbohydrates. Cheese and ham provide tasty fat and protein, and the spinach and tomato provide vitamins and minerals such as iron, folate, and vitamin c.

Preparation time:	Cook time:	Servings:
20 mins	0 mins	1

DIRECTIONS:

1. Gather your ingredients and chop what is necessary.	2. Lay out your ingredients on the wrap and slit your wrap at the bottom like shown.	3. Fold your bottom left corner up to the top.
4. Fold your left top corner to the right top corner.	5. Fold your top right corner to bottom corner.	6. Add into your lunchbox, with fruit and other food items. Enjoy!